



**Keep Moving
Movement**

CULTURE OF INSPIRATION
Empowering Students with Attitudes to Excel

Philosophy

Students are the creators of the future. They are the masters of the destiny of tomorrow's world. We as adults and teachers have an opportunity to mould them, to enrich them, to nourish them, in order to create a future like never before!

For the future of this world to be secure, the youth must be ready, capable, visionary and filled with self-belief. It can only happen with the guidance and experience of committed, caring and successful people. The presence of these kinds of role models fuels "Inspiration" and nudges them to touch heights of greatness and self-discovery.

At Keep Moving Movement, founded by Narendra Goidani, we believe that until "Inspiration" touches us, life is incomplete. We initiated a program called 'Teacher Empowerment Programme (TEP)' dedicated to building a "Culture of Inspiration" amongst the teaching and student community.

Mindset Crisis

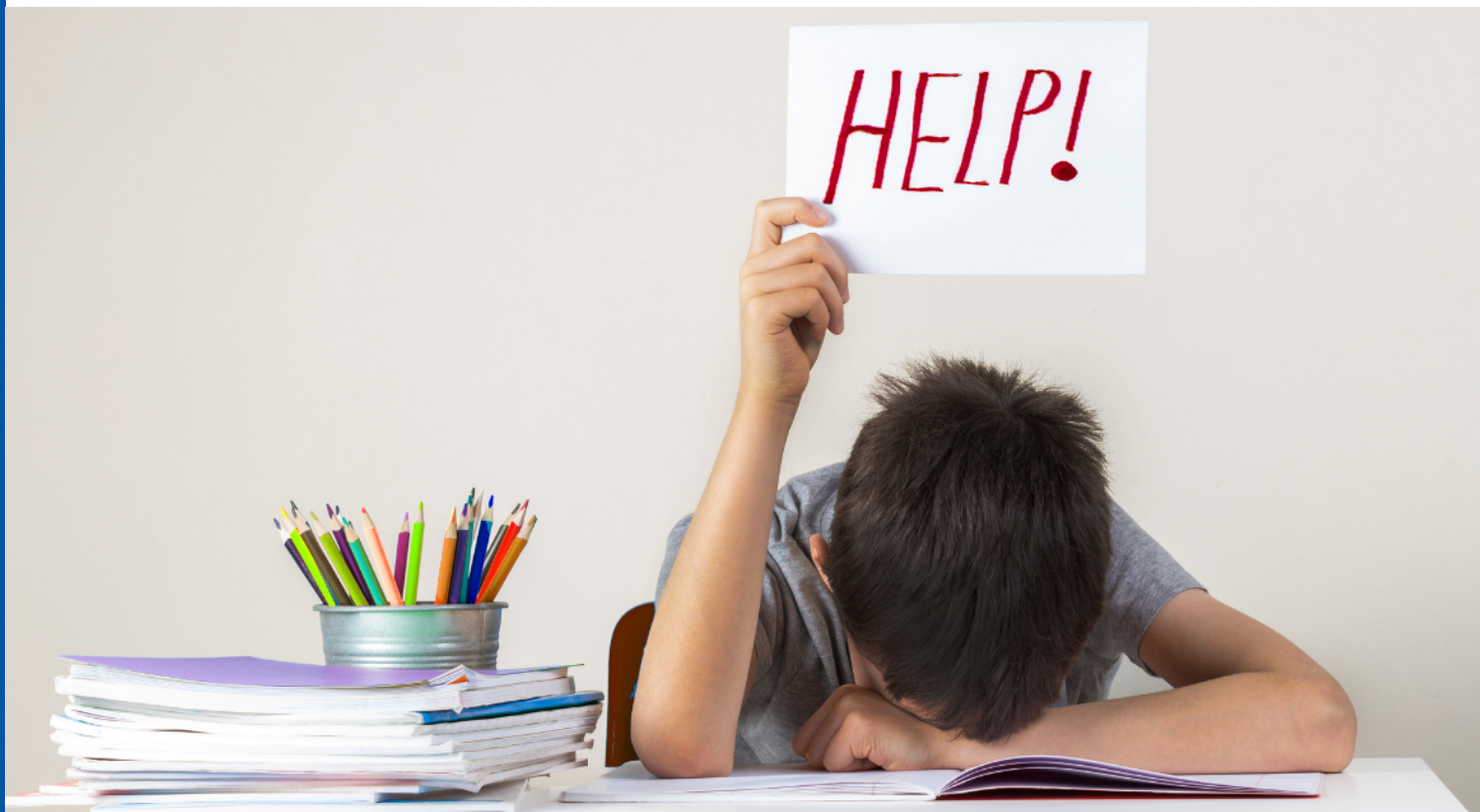
Youth are the future of every country. They are the raw and hidden diamonds that a country must nurture.

Today's rapidly changing world is plaguing the youth of India into a huge mindset crisis. Almost every day we read about suicides in the news. The following three are their biggest battles.

- Fear of Failure
- Low Self Belief
- Need of Instant Gratification

These mindset issues need smart insights, immediate solutions and action oriented plans.

The students from vulnerable backgrounds have to face multiple adversities. This struggle mitigates their inner resolve and increases the above three battles. Life Skills need to be taught to defeat these battles and help the youth tackle present day life challenges.





Vision:

To empower teachers to create students and youth as **Forces of Goodness** for the global society.



Mission:

Emboldening the student and youth community with attitudes and life skills to excel in life, **COME WHAT MAY!**



Goals:

Commitment, Contemplation, Collaboration, Co-operation, Consistency & Celebration.

Our approach

With loads of experience (training of over a Million hours) and intense research of over 22 years, we have developed training modules consisting of innovative approaches, smart content and impactful methods to reach out to students of poor backgrounds from classes 1st to 10th.

We propose to guide teachers with 16 critical and powerful Life Skills sessions every year. These can be delivered by them 'digitally' with online guidance or physically in their classrooms using attractive tools, creative engagements and assessments.

The modules and experiential training materials emphasize life skills and include training for teachers, parents and students to facilitate the program.

The TEP, PEP, and SEP programs use experiential learning methodology to nurture empathy, expand creativity, develop listening and validation skills along with the ability to share authentically while also learning facilitation skills.

The teachers and parents learn to create captivating learning environments where young people are made mentally ready to welcome and overcome the challenges, they face every day.

Framework - 16 Powerful Life Skills

 <p>Persisting</p> <ul style="list-style-type: none"> • Persevere till completion. • Remain focussed. • Giving up is NOT an option. 	 <p>Managing impulses</p> <ul style="list-style-type: none"> • Think before acting. • Remain calm. • Be deliberative. 	 <p>Empathy</p> <ul style="list-style-type: none"> • Understand others • Respect others ideas and emotions. • Value differences of opinions.
 <p>Thinking about your thinking</p> <ul style="list-style-type: none"> • Be aware of your thoughts. • Be aware of your feelings. • Be aware of your decision-making process. 	 <p>Striving for excellence</p> <ul style="list-style-type: none"> • Always do your best. • Set high standards. • Find ways to improve constantly. 	 <p>Deeper understanding</p> <ul style="list-style-type: none"> • Have an asking attitude. • Know what data is relevant. • Find the right problem to solve.
 <p>Being clear in communication</p> <ul style="list-style-type: none"> • Accurate communication (written and oral). • Zero misunderstanding. • Avoid ambiguity. 	 <p>Using data for decisions</p> <ul style="list-style-type: none"> • Gather data through all possible sources. • Look at conflicting data. • Make sense of data. 	 <p>Generate new ideas</p> <ul style="list-style-type: none"> • Try a different way! • Generating new and novel ideas. • Be fearless.
 <p>Experiment</p> <ul style="list-style-type: none"> • Try new things consistently. • Break comfort zones. • Grow fast. 	 <p>Have lots of fun</p> <ul style="list-style-type: none"> • Find abundance of humor everyday. • Be able to laugh at yourself. • Defeat setbacks through laughter. 	 <p>Working in teams</p> <ul style="list-style-type: none"> • Work together. • Contribute a lot. • All great achievements are teamwork.
 <p>Finding solutions</p> <ul style="list-style-type: none"> • Be able to change perspectives. • Generate alternatives. • Consider options. 	 <p>Learning through experiences</p> <ul style="list-style-type: none"> • Use what you learn. • Learn from others' experiences. • Transfer lessons into action. 	 <p>Be courageous</p> <ul style="list-style-type: none"> • Courage is winning over fear. • You are a limitless potential. • Courage = Patriotism.
	 <p>Continuous learning</p> <ul style="list-style-type: none"> • Admit we don't know enough. • Resisting complacency. • Take initiatives. 	

KMM Teacher Empowerment Programme (TEP)

The Crucial Role of teachers in imparting life skills:

TEP will enable teachers to translate knowledge, attitude and values for handling real life situations to the children, helping them decide what to do, when to do and how to do it with ease.

KMM Parent Empowerment Programme (PEP)

The Crucial Role of parents in imparting life skills:

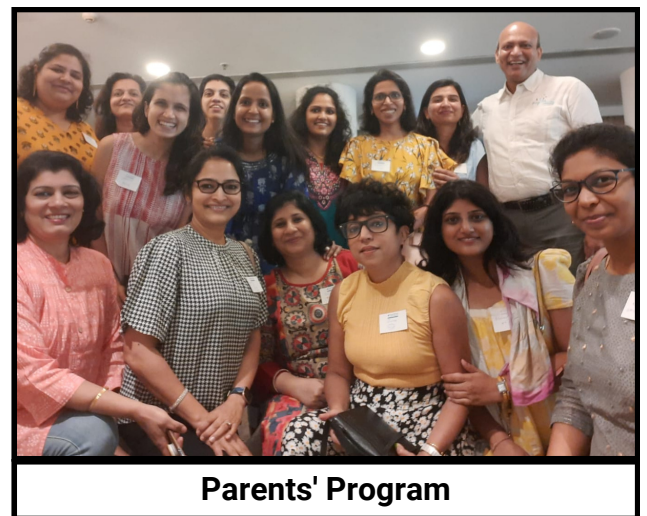
PEP enables them to make them disciplined, handle their mood swings, improve their sleep timings, bridge the communication gap and wean them away from digital addiction.

We have created a super classy Teenager Parenting Module on '7 Powerful techniques that work superbly in motivating teens'.

KMM Student Empowerment Programme (SEP)

With loads of experience and intense research, we have developed training modules comprising of innovative approaches and impactful methods to reach out to all kinds of students.

These modules provide results through engagement, theatre, role play, international inspirational stories that thrill and inspire, debates, discussions, insights, and personal examples. contribute to making 'High Self Esteem', not just a concept but a belief in students.



Benefit to Stakeholders

1

BENEFITS FOR SCHOOLS

- Co-operative and happy students
- Enhanced, academic results
- Self-driven teachers
- Parenting guidance for parents

2

BENEFITS FOR TEACHERS

- Impactful mentoring
- A new sense of purpose
- Responsive teaching
- Fulfillment

3

BENEFITS FOR VOLUNTEERS

- An opportunity to return a part of what we have received from the society
- An opportunity to say 'Thanks' to our teachers
- An opportunity to play a role in moulding the future of our country

4

BENEFITS FOR STUDENTS

- Right guidance
- Right Direction
- Right Time
- Right Role Models
- Right Atmosphere

5

BENEFITS FOR PARENTS

- Insights about strength-centric parenting
- Solutions to guide children in a better way
- Moulding fantastic attitudes, abilities & approaches for the future

Core Training Areas

Leadership

Collaboration

Creativity

Communication

Critical Thinking

Problem Solving

Study Techniques

Grit

Persistence

Self-Discipline

Curiosity

Adaptability

Be Happy

High Self-Esteem

Relationship Building

Winning Habits

Initiatives

Our Esteemed Board of Advisors under whose guidance we have created this content.



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A small introduction about the Co founder

A life coach, parenting guide, Business coach and modern age philosopher, Narendra Goidani is the founder of Keep Moving Movement, an institution focused on inspiring individuals to follow their dreams and explore their potential.

A mentor to thousands across the globe, his long-standing life value revolves around – “Inspire or Expire”. Narendra Goidani believes that the youth of India has the potential to take the country to its deserved position on the global level.



To empower students towards this purpose, he started an initiative that is focused on imparting life transforming training to teachers and students.

He believes every individual has a duty towards the society, and a small nudge of inspiration can lead to greater heights of self-discovery.

Co Founder - Keep Moving Movement



www.mykmm.org

Founder - Life School



www.lifeschool.co.in

Founder - Wow Parenting



www.wowparenting.com

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TED^x [@Naren @Tedx](https://www.tedx.com/Naren)

A small introduction about the Co founder

Jyoti aka Jo has graduated from the London School of Economics with a Master's Degree in NGOs and Development. Her experience is being put to good use in her amazing ability to understand a situation and act, keeping in consideration the highest good of all.

She is meticulous in her planning and execution and it would be mild to call her Miss Dependable. She is a Pillar of Strength to thousands who look up to her for guidance. With panache, she plays a crucial role at Keep Moving Movement.



She also plays the role of Director at Life School and Director of Marketing at Wow Parenting. A child psychologist who has conducted 500+ attitudinal development training programs for children and youth. She is also a Public Speaking coach for individuals, teachers, and volunteers.

She has also authored books « I Can » and « Win Before You Begin » published by Life School.

Co Founder - Keep Moving Movement



www.mykmm.org

Director - Life School



www.lifeschool.co.in

Director - Wow Parenting



www.wowparenting.com

Golden moments



Thank you for your time!

www.mykmm.org

Impact so far



Keep Moving Movement

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